Outside-In Grounding Menu

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A person finds internal body focus uncomfortable.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Offer neutral external anchors and allow each person to choose or observe.

3. Which external option feels more accessible?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.